

Chicken Stir Fry

Entrée		HACCP Process #2- Same Day Service			Serving Size 3/4 cup
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1/2 cup		1 cup	1. Mix water and soy sauce together. Add ginger, Hoisin sauce, garlic and pepper. 2. Heat chicken stock to a boil and slowly stir in first mixture. Return to a simmer. 3. Cook for 3-5 minutes until thickened. Remove from heat. Place in the warmer to keep at 135°F. 4. Saute chopped carrots in oil for 4 minutes. Add chopped onions and cook for 1 minute. 5. Add chopped broccoli and cook for 2 more minutes. Remove to 2 steam table pans (12"x20"x2 1/2"). Keep warm. 6. Spray a pan with pan spray. Saute chicken 3-5 minutes. Add chicken to vegetables in steam table pans. Add sauce from the warmer and mix to coat chicken and vegetables. CCP: Hold for service at 135°F or higher.
Low sodium soy sauce		1/4 cup		1/2 cup	
Fresh ginger root, grated		1/2 tsp		1 tsp	
Hoisin sauce		1 qt		2 qt	
Granulated garlic		3 Tbsp		6 Tbsp	
Black pepper		2 tsp		4 tsp	
Chicken broth		2 qt		4 qt	
Carrots, raw, chopped	5 lb 10 oz		11 lb 4 oz		
Vegetable oil		1/2 cup		1 cup	
Onions, fresh, chopped	1 lb 6 oz		2 lb 12 oz		
Broccoli, raw, chopped	4 lb 1 oz		8 lb 2 oz		
Diced, cooked chicken	8 lb 15 oz		17 lb 14 oz		
Pan spray		2 tsp		4 tsp	

From: C.H.E.F. Cookbook and Promising Practices Maryland's 2009 Team Nutrition Grant

Serving Sizes	Contribution
K-5 3/4 cup 9-12 3/4 cup	3/4 cup = 2.75 M/MA + 1/4 c Red-Orange Veg + 1/2 cup Dk Green Veg